



8 Great Benefits of Fruits and Veggies

Fruits and vegetables are packed with a number of nutrients central to living a long and healthy life. And because of these nutrients, fruits and vegetables are central to improving health, preventing disease, and possibly even delaying the effects of aging. Below are only eight of the hundreds of ways fruits and vegetables are important to your health.

-  1 Fresh, canned, frozen, and dried fruits and vegetables are a healthy substitute for snack foods that are high in fat, calories, and salt.
-  2 Eating fruits and vegetables reduces the risk for a number of serious cancers, including lung cancer, ovarian cancer, esophageal cancer, and stomach and bladder cancer.
-  3 Eating fruits and vegetables helps prevent heart disease, high blood pressure, and stroke.
-  4 Fruits and vegetables may help prevent lung diseases, and actually help improve lung functioning.
-  5 Fruits and vegetables protect against diabetes.
-  6 The fiber and low caloric density of fruits and vegetables may help prevent obesity.
-  7 The folic acid found in many fruits is known to help prevent birth defects like Spina Bifida.
-  8 Fruits and vegetables are rich sources of protective nutrients such as vitamin C and Folic acid.